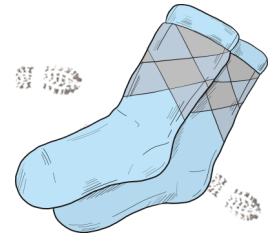


Trail Terrain Key

- D** - Dirt
- G** - Gravel
- H** - Hilly
- N** - Narrow
- P** - Paved



Adult healthy walking program to help reduce pain and discomfort of arthritis and improve balance, strength, and walking pace while exploring parks and trails throughout Otsego County!

ON THE TRAIL TO FITNESS AND HEALTH

Week 1

- Oct 25th: **Iron Belle Trail (G)**
256 Fairview Rd, Gaylord
- Oct 27th: **Aspen Park (P)**
- Oct 29th: **Aspen Park**

Week 2

- Nov 1st: **Pine Baron Pathway (DH)**
2010 Lone Pine Road Gaylord
- Nov 3rd: **Aspen Park**
- Nov 5th: **Aspen Park**

Week 3

- Nov 8th: **Community Gardens (DNH)**
800 Livingston Blvd, Gaylord
- Nov 10th: **Aspen Park**
- Nov 12th: **Aspen Park**

Week 4

- Nov 15th: **Aspen Park Trails (DNH)**
239 Commerce Blvd. Gaylord
- Nov 17th: **Aspen Park**
- Nov 19th: **Aspen Park**

Summer Walking Times
(June - September)
9:30am to 10:30am

Winter Walking times
(October - May)
10:30am to 11:30am

Meet at the
walking location
with your walking
boots on & ready
to explore!

Walking
sticks
provided!

Week 5

- Nov 22nd: **Otsego Lake State Pk (DNP)**
7136 Old 27 Hwy, Gaylord
- Nov 24th: **Aspen Park**
- Nov 26th: **No Walk/Agency Closed**

Week 6

- Nov 29th: **Gaylord Industrial Park (P)**
Badger Pkwy, Gaylord
- Dec 1st: **Aspen Park**
- Dec 3rd: **Aspen Park**

Week 7

- Dec 6th: **Walk Downtown (P)**
120 Grandview Blvd, Gaylord
- Dec 8th: **Aspen Park**
- Dec 10th: **Aspen Park**

Week 8

- Dec 13th: **Pine Baron Pathway (DH)**
2010 Lone Pine Road Gaylord
- Dec 15th: **Aspen Park**
- Dec 17th: **Aspen Park**

**Walks are weather pending, call the weather hotline 989.731.5652 for outdoor program updates. Locations may change due to trail conditions, contact below for more information.*

INTEREST IN JOINING US?



Please contact Amanda Dobrzelewski, OCCOA Healthy Aging Program Coordinator, at **989.748.4068**

